

1 CLAIMS: I claim:

2 1. A method of agglutinating a food selected from the group
3 consisting of fruits, vegetables, sprouted grains,
4 unsprouted grains, sweet syrups, honey, and vegetable
5 powders, which method comprises:

6 (a) dividing the food into pieces not larger than about
7 1/2 inch on each side;

8
9 (b) mixing the food with an amount of a liquid
10 comprising water, sufficient to form a mixture;

11 (c) mixing the mixture of step (b) with an amount of
12 whole chia seeds, wherein the amount of whole chia
13 seeds is at least 1.5*Majority Agglutinant Amount,
14 and which amount of whole chia seeds is sufficient
15 to agglutinate the mixture, wherein the whole chia
16 seeds which are mixed with the mixture are substan-
17 tially evenly dispersed throughout the mixture; and

18 (d) reducing the water activity of the agglutinated
19 mixture of step (c) below 0.80 to obtain an
20 agglutinated food.

21
22 2. The method of claim 1, wherein the water activity of the
23 agglutinated mixture is reduced by dehydration.

24 3. The method of claim 2, wherein the method further
25 comprises spreading the agglutinated mixture onto a
26 double-access drying surface.

- 1 4. The method of claim 3, wherein the agglutinated mixture
2 is dehydrated until its water activity is reduced to less
3 than 0.60, whereby spoilage by microorganisms is
4 inhibited.
- 5 5. The method of claim 3, wherein the liquid further
6 comprises a sweet syrup, whereby additional strength and
7 flexibility is imparted to the agglutinated food.
- 8 6. The method of claim 3, wherein the liquid further
9 comprises carob powder, whereby the chia seed in the
10 agglutinated food has a taste which is substantially
11 masked.
- 12 7. The method of claim 2, further comprising reducing the
13 relative humidity of the environment to less than
14 70 percent.
- 15 8. The method of claim 7, wherein the relative humidity of
16 the environment is reduced to less than 60 percent, and
17 the water activity of the mixture is reduced to less
18 than 0.60.
- 19 9. The method of claim 1, wherein the liquid further com-
20 prises a sweet syrup whereby additional strength and
21 flexibility is imparted to the agglutinated food.
- 22
- 23 10. The method of claim 1, further comprising allowing the
24 chia seeds in the agglutinated mixture to absorb liquid
25 from the agglutinated mixture.
- 26 11. The method of claim 1, wherein the liquid further com-
27 prises carob powder, whereby the chia seed in the agglu-
28 tinated food has a taste which is substantially masked.

- 1 **12.** The method of claim 1, wherein the agglutinated mixture
2 of step (c) is dehydrated until its water activity is
3 reduced to less than 0.60, whereby spoilage by micro-
4 organisms is inhibited.
- 5 **13.** A method of making a food product comprising whole chia
6 seed, said food product being absent of sufficient
7 gluten-containing ingredients to agglutinate the product,
8 said method comprising the steps of:
- 9 (a) mixing whole chia seed with water to form a mixture;
- 10 (b) spreading this mixture on a double-access drying
11 surface;
- 12 (c) dehydrating the sliced mixture at a predetermined
13 temperature until its water activity has been reduced
14 below 0.60.
- 15 **14.** The method of claim 13 further comprising the step of
16 reducing the relative humidity of the area in which the
17 product will be made to less than 40%.
- 18 **15.** The method of claim 13 further comprising the step of
19 allowing the whole chia seed in this mixture to absorb
20 water from the mixture, whereby said mixture thickens;
- 21
- 22 **16.** The method of claim 13 wherein the predetermined
23 temperature is less than 40° C.
- 24 **17.** The method of claim 13 further comprising the step of
25 slicing the mixture after said specified period of time;

1 **18.** The method of claim 13 further comprising the step of
2 rehydrating the sliced mixture until its water activity
3 is 0.65.

4 **19.** The food product made by the method of claim 1.

5 **20.** A food product comprising whole chia seed, said chia seed
6 having a taste and mucilaginous properties, said food
7 product being absent of sufficient gluten-containing
8 ingredients to agglutinate the product, wherein:

9 (a) the food product has a water activity between 0.60
10 and 0.70 of less than 0.75, whereby the food product
11 is easy to chew and spoilage by microorganisms is
12 substantially inhibited;

13 (b) the mucilaginous properties of the whole chia seed
14 cause the food product to cohere.

15